

# PARKINSONS.ME

England & Wales - Charity number 1166531

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2016-04-14

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 21 The Old Pound  
Wootton  
Abingdon  
Oxfordshire  
OX13 6BQ

**Phone** 01235 772992

**Email** [parkinsons.me@gmail.com](mailto:parkinsons.me@gmail.com)

**Website** [www.parkinsons.me](http://www.parkinsons.me)

## Activities

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**Objects:** THE OBJECTS OF THE CIO ARE TO PROMOTE GOOD HEALTH AND WELLBEING FOR THE PUBLIC BENEFIT IN PARTICULAR BUT NOT EXCLUSIVELY BY:- EDUCATING AND OFFERING SUPPORT TO THOSE SUFFERING WITH PARKINSON'S DISEASE;- RAISING AWARENESS OF THE CONDITION;- PROVIDING PRACTICAL INFORMATION AND RESOURCES TO PEOPLE WITH PARKINSON'S AND THEIR FAMILIES; AND - FOLLOWING UP ON AND REPORTING ON THE LATEST RESEARCH WITH REGARD TO DIAGNOSIS, PREVENTION AND TREATMENT (INFORMING THE PUBLIC ON THE USEFUL RESULTS OF SUCH RESEARCH).NOTHING IN THIS CONSTITUTION SHALL AUTHORISE AN APPLICATION OF THE PROPERTY OF THE CIO FOR THE PURPOSES WHICH ARE NOT CHARITABLE IN ACCORDANCE WITH [SECTION 7 OF THE CHARITIES AND TRUSTEE INVESTMENT (SCOTLAND) ACT 2005] AND [SECTION 2 OF THE CHARITIES ACT (NORTHERN IRELAND) 2008]

**Activities:** Provision of personal, peer and community support for people with Parkinson's and their families, including through our online presence, through events and via practical projects. Events and practical projects are primarily Oxfordshire based, while our online support has global reach.

## Classification

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- **How:** Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities, The General Public/mankind

## Geography

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- Oxfordshire

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-04-30	£24,367	£28,876	-	-
2024-04-30	£23,816	£29,266	-	-
2023-04-30	£21,962	£27,723	-	-
2022-04-30	£25,834	£19,500	-	-
2021-04-30	£13,047	£9,262	-	-

## Trustees

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Name	Role	Appointed
<b>Gary David Strickland</b>	Chair	2018-02-15
Jonathan Corp		2025-06-18
PETER JAMES COOK		2019-04-18
Penelope Ann Ayre		2025-04-16
Ruth Emily Alice Bachelor		2022-03-09

**PARKINSONS.ME**

England & Wales - Charity number 1166531

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# Accounts

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**Annual Report and  
Unaudited Financial  
Statements  
for the year ended  
30 April 2025**

**Charity Registration No. 1166531**



**Parkinsons.Me**

*Supporting you and your family*

**Charity number: 1166531**



# Parkinsons.Me

Supporting you and your family

## **Legal And Administrative Information**

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### **Trustees**

- Gary Strickland (appointed acting chair, 18 June 2025)
- Jonathan Corp (appointed 18 June 2025)
- *Martin Cowell (resigned 31 December 2024)*
- *Norman Telford (resigned 30 April 2025)*
- Penny Ayre (appointed 16 April 2025)
- Peter Cook
- Rosie Chadwick
- Ruth Bachelor

### **Address of principal office:**

Parkinsons.Me c/o 21 The Old Pound, Wootton, ABINGDON,  
Oxfordshire, OX13 6BQ

[www.parkinsons.me](http://www.parkinsons.me)

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# Parkinsons.Me

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## Trustees' Report for the Year Ended 30 April 2025

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The trustees present their report and accounts for the year ended 30 April 2025.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's constitution, the Charities Act 2011 and *'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102).'*





## About Parkinsons.Me

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Parkinsons.Me was founded in 2016 by Ewan and Tracey Stutt following Ewan's diagnosis with Parkinson's aged 41. Ewan and Tracey recognised that when someone is diagnosed the focus (understandably) is on the person with the diagnosis, but that the impact goes much wider. Loved ones value support to establish a 'new normal', access information and practical help, take on different roles and stay well themselves. Community support also counts for a lot and we can all play our part, helped by a better understanding of the condition.

Reflecting this, Parkinsons.Me exists to provide support, advice and information to help people with Parkinson's and those closest to them manage their daily lives in the most positive way possible.

[www.parkinsons.me](http://www.parkinsons.me)



# Parkinsons.Me

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[www.parkinsons.me](http://www.parkinsons.me)

Our formal 'charitable objects' - the aims guiding our activities - are below. The trustees have paid due regard to the Charity Commission's guidance on public benefit in carrying out their duties and looking at how best to fulfil these objects.

### **Our Charitable Objects:**

To promote good health and wellbeing for the public benefit in particular but not exclusively by:

- ✓ educating and offering support to people with Parkinson's
- ✓ raising awareness of the condition
- ✓ providing practical information and resources to people with Parkinson's and their families
- ✓ following up on and reporting on the latest research with regard to diagnosis, prevention and treatment (informing the public on the useful results of such research).



## Our Key Activities and Achievements

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Parkinsons.Me's 'regular' portfolio of projects - our community garden, MoveMe exercise classes and linked MoveMe Mates group, HearMe counselling offer, and monthly coffee mornings - continued to thrive throughout the year.

Alongside these we worked hard to extend our reach and broaden our funding base to help sustain our work.

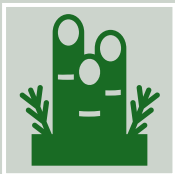


## Parkinsons.Me Community Garden

[www.parkinsons.me/community-garden-west-lockinge](http://www.parkinsons.me/community-garden-west-lockinge)



Our community garden continued to receive many visitors from the public, as well as from local groups and societies. The garden is listed as a community asset in the draft neighbourhood plan, recognising its value as a space for reflection, restoration, community building and healthy exercise.



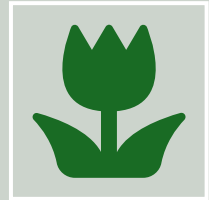
Improvements to the garden through the year included constructing a new potting shed primarily using recycled materials. This facility provides improved space for the garden therapy course and for horticultural demonstrations. A polytunnel was also acquired through a donation from Taylor Francis and will lengthen the growing seasons as well as providing cover during inclement weather.



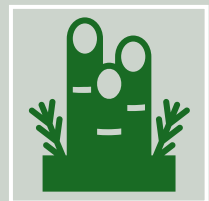


## Parkinsons.Me Community Garden

[www.parkinsons.me/community-garden-west-lockinge](http://www.parkinsons.me/community-garden-west-lockinge)



Two Gardening on Prescription courses ran this year; one for people with chronic neurological conditions and another for those who had experienced bereavement. Delivered with the local GP and Social Prescribing Team, these courses together supported 12 participants to reduce isolation, improve mobility, increase in daily activity, and develop basic horticultural skills.



During this period, eight companies visited the community garden as part of their corporate social responsibility activities. Visitors included Taylor Francis, JISC, Elmbrook Court Care Home and EMENA. Several companies made repeat visits. Company volunteers undertook much needed maintenance on the garden shed, benches, tools, paths and flower beds.



- ✓ The garden noticeboard was moved closer to the bridleway to increase publicity for events and to raise public awareness of the charity.
- ✓ The Summer Garden Party took place in July 2024, with approximately 25 attendees.
- ✓ A plant sale at The Boar's Head generated a lot of interest with over 60 people attending and generating £300 for the charity. This is now an annual event.
- ✓ Trustee and project lead Gary Strickland gave a presentation about the creation of the garden at the Grove Garden and Local History Club Annual General Meeting in October 2024.





# Parkinsons.Me

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[See New Therapy Programme - Parkinson's Centre for Integrated Care](#)

Studies have shown that working in the garden can:

- ✓ **Enhance motor skills:** Activities like raking, planting and weeding can improve dexterity, coordination and balance.
- ✓ **Boost mood and cognitive function:** Spending time outdoors in nature has a well-documented positive impact on mental health.
- ✓ **Promote social interaction:** Gardening provides a fantastic opportunity for people with Parkinson's and their carers to connect and participate in a shared activity.



[www.pcit.org.uk/help-us-grow-a-new-therapy-programme-at-the-parkinsons-centre-for-integrated-therapy/](http://www.pcit.org.uk/help-us-grow-a-new-therapy-programme-at-the-parkinsons-centre-for-integrated-therapy/)

42 MoveMe exercise classes took place across the year, including 18 face-to-face classes and 24 sessions over zoom and with an average attendance of 18 at face-to-face classes and 16 on zoom. The class had a total of 39 registered members, including eight new registrations. A consistent core group have been involved from the beginning in 2019, a sign of the value they attach to MoveMe. This value also comes across from the regular (almost weekly) visits from external physios, students or others keen to observe and learn about the approach and in emailed feedback from class members shared with session lead Jo Preston over the year.



**“Thanks for all you do to help manage our challenges; I hope you realise how much your sessions help our respective causes.”**

*“It is one of the highlights of the week. The group is friendly & very supportive. Jo and Sherene are very understanding & supportive.*

*I am extremely grateful to them both.”*



*“I love the sessions. Jo and Sherene hit just the right note, with a combination of encouragement, targeted exercise and fun.”*



*“I joined the MoveMe group with some trepidation... Now I can hardly remember why I had doubts, as MoveMe as developed by our Physio Jo, who leads the group each week, is entertaining and completely absorbing. At the end of the session you know you’ve not only done some exercise, but you know it’s Parkinson’s - specific and has been developed in response to precise needs. Jo is endlessly encouraging and cheerful, and the presence in person of all the other participants makes all the difference to motivation and enjoyment too. The end of a session is accompanied by home-made cake and coffee and ample opportunity to chat to the others and also their partners or carers. This social element as well as the benefit of the exercise is a win-win combination, and when I leave to go home I feel on top of the world.”*



*“As well as the exercise, the group gel really well, after all we are all in the same or similar boat.”*



*“Many thanks for a really enjoyable year of classes - it’s always so cheery and uplifting.”*

MoveMeMates met regularly through the year in parallel with MoveMe classes, with a typical attendance of between eight and twelve. The group is an important opportunity for partners, drivers, family members and carers of MoveMe class members to compare notes, enjoy each other's company and support each other. Parkinsons.Me associate, Chic Cook, says this about the group, 'Our motto is:

*In the Boat we...*

- *Paddle together*
- *Support each other*
- *Learn from one another*
- *Laugh and cry together*
- *Make true friends*

*Several people say that it is a lifeline to them and such a help and support to know that they are not alone."*



## MoveMe and MoveMeMates Caversham

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A second MoveMe class, set up in Caversham in December 2022 with support from Parkinsons.Me, built momentum with 43 classes held and some 25 people with Parkinson's attending over the year. The parallel MoveMeMates group took some time to establish but is now a regular and important feature.

As with the group based in Ardington, MoveMe Caversham has generated interest from health professionals keen to find out more. Strengthening bonds within the group can be seen in regular lift shares for those who can no longer drive and get-togethers outside of the classes.



*“I have found it really helpful and am very grateful that I have had the opportunity to talk things through with her...so thank you so much for funding this, I am really appreciative.”*

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Introduced in August 2020, Parkinsons.Me’s HearMe project offers access to counselling therapies to people with Parkinsons or their family members. Between 1 May 2024 and 30 April 2025, the project supported a total of 12 clients. During this period, seven clients completed their counselling courses, one client paused their counselling, and five clients continued with ongoing courses that will carry forward into 2025–2026. Participants identify their own counsellors, helping to ensure the right fit between therapist and client. As with MoveMe, the charity received a number of enquiries from health professionals and charity partners interested in taking up the project.

[www.parkinsons.me](http://www.parkinsons.me)



# HearMe

## CoffeeMe

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Coffee Me, our informal social gathering for people affected by Parkinson's, their friends and family members met eleven times over the year, again with attendance close to thirty in peak months. Asked about the difference the group made, here is what some group members said:

*"Meeting some lovely friends ...it helps when you compare and see the different stages and experiences of Parkinson's and know there's support through it."*

*"The Parkinson's group is a lifeline for both of us. It gives us opportunity to chat with fellow comrades who face the same daily challenges. It is a lovely community which lifts the spirits and keeps us going."*



# Communications

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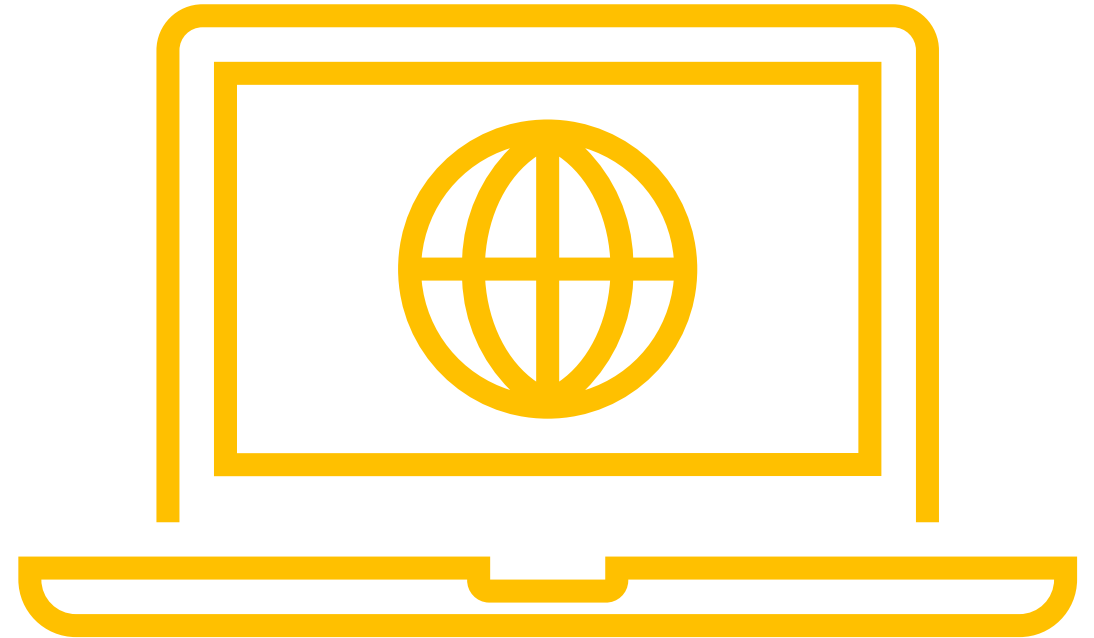
This year we strengthened partnerships and raised our profile, reaching more people with Parkinson's and their families.

We built strong links with four care homes near Wantage, began regular collaboration with Parkinson's UK, and featured in *Wantage Town Magazine*.

During World Parkinson's Month, our campaigns reached global audiences through #TogetherWeAreStronger.

Online engagement also grew, with a 70% increase in website visits and 23% more Instagram followers.

[www.parkinsons.me](http://www.parkinsons.me)



# FUNDRAISING



## Parkinsons.Me

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This year, Parkinsons.Me benefited from many acts of generosity, from individual donors to community fundraisers, and we are sincerely grateful for their support.

Led by our Communications Officer, Justine Nunn, a series of creative fundraising initiatives helped us secure new income to support the charity.

These contributions are making a real difference, enabling us to extend our reach and improve the support we offer to people living with Parkinson's and their families.

[www.parkinsons.me](http://www.parkinsons.me)



# Parkinsons.Me

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[www.parkinsons.me](http://www.parkinsons.me)

## Looking Ahead

Our priorities for 2025-2026 include reinforcing our trustee board, sustaining our current suite of projects, financially and personnel-wise, and (where appropriate) exploring replication options. We also plan to test a bowling project.

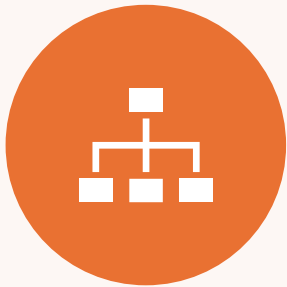
Work will continue to review our website and (more generally) to grow our visibility and partnership relationships, helping us further build an inclusive, informed and supportive Parkinson's community.

This work will receive a welcome boost through our selection as one of his chosen charities by incoming Wantage Mayor, Iain Cameron.



# Parkinsons.Me

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## Structure, governance and management

Our Board of Trustees met eight times in 2024-25. Trustees are identified through a mix of open advertising and targeted approaches. During the reporting period three of our trustees had personal experience of Parkinson's, either themselves or through a member of their family, bringing first-hand insights into our deliberations.



Parkinsons.Me is a charitable incorporated organisation registered with the Charity Commission for England and Wales on 14 April 2016.



The Board has agreed an appropriate set of policies and procedures to govern our day-to-day activities. Trustees have also assessed the major risks to which the charity is exposed and agreed appropriate mitigation measures.



## Financial Section



**Parkinsons.Me**

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## Financial review

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The charity's income and expenditure for 2024-25 were broadly in line with the previous year. However, we spent significantly more on restricted activities than in the previous year, providing additional support for these activities from unrestricted funds. Reflecting this our total funds carried forward have reduced from £24,255 to £19,746, of which £19,222 is unrestricted.

We remain compliant with our reserves policy of holding sufficient unrestricted reserves to cover our regular outgoings for some six to eight months. However, we recognise the need to sharpen our focus on fundraising, in particular to meet anticipated future demands for counselling as part of our HearMe project.



# Parkinsons.Me

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## Statement of Financial Activities - Income and Expenditure Account - For Year Ended 30 April 2025

			2024			2025		
	Notes	Unrestricted £s	Restricted £s	Total £s	Unrestricted £s	Restricted £s	Total £s	
<b>Income from:</b>								
Donations and legacies	3	20,361	3,455	23,816	22,417	1,000	<b>23,417</b>	
Charitable activities	4	-	-	-	950	-	<b>950</b>	
<b>Total Income</b>		<b>20,361</b>	<b>3,455</b>	<b>23,816</b>	<b>23,367</b>	<b>1,000</b>	<b>24,367</b>	
<b>Expenditure on:</b>								
Raising funds	5	7,276	-	7,276	7,660	-	<b>7,660</b>	
Charitable activities	6	20,629	1,360	21,989	15,407	5,809	<b>21,216</b>	
<b>Total resources expended</b>		<b>27,905</b>	<b>1,360</b>	<b>29,265</b>	<b>23,067</b>	<b>5,809</b>	<b>28,876</b>	
Net income for the year/ Net movement in funds		(7,544)	2,094	(5,450)	300	(4,809)	<b>(4,509)</b>	
Transfer between funds		-	-	-	(2,739)	2,739	-	
<b>Opening Fund Balances</b>		<b>29,205</b>	<b>500</b>	<b>29,705</b>	<b>21,661</b>	<b>2,594</b>	<b>24,255</b>	
<b>Closing Fund Balances</b>		<b>21,661</b>	<b>2,594</b>	<b>24,255</b>	<b>19,222</b>	<b>524</b>	<b>19,746</b>	
The statement of financial activities includes all gains and losses recognised in the period.								
All income and expenditure derive from continuing activities.								

## Statement of Financial Position (As of 30 April 2025)



These accounts were approved  
by the Board of Trustees.

**Signed by:**

**Gary Strickland**  
Chair of the Board of Trustees

**Date: 17 December 2025**

	Notes	2024			2025		
		Unrestricted	Restricted	Total £s	Unrestricted £s	Restricted £s	Total £s
<b>Current Assets</b>							
Cash at bank and in hand		22,967	2,594	25,560	22,264	524	22,788
		22,967	2,594	25,560	22,264	524	22,788
<b>Creditors : amounts falling due within 1 year</b>		(1,306)	-	(1,306)	(3,041)	-	(3,041)
Net current assets		21,661	2,594	24,255	19,222	524	19,746
Restricted Funds		-	2,594	2,594	-	524	524
Unrestricted Funds		21,661	-	21,661	19,222	-	19,222
<b>Charitable Funds</b>		<b>21,661</b>	<b>2,594</b>	<b>24,255</b>	<b>19,222</b>	<b>524</b>	<b>19,746</b>



**Parkinsons.Me**

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## **Notes to the Accounts**



## 1. Accounting policies

### Charity information

Parkinsons.me is a charitable incorporated organisation registered with the Charities Commission for England and Wales.

#### 1.1 Accounting convention

The accounts have been prepared in accordance with the charity's constitution, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The accounts have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations, but which has since been withdrawn.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

**[www.parkinsons.me](http://www.parkinsons.me)**

## **1.2 Going concern**

At the time of approving the accounts, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

## **Charity information**

Parkinsons.me is a charitable incorporated organisation registered with the Charities Commission for England and Wales.

## **1.3 Charitable funds**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes. Restricted funds are subject to specific conditions by donors as to how they may be used.

## **1.4 Incoming resources**

Income is recognised when the charity is legally entitled to it (if any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received).

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation. Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

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### **1.5 Resources expended**

All expenditure is included on an accruals basis and is recognised when there is a legal or constructive obligation to do so.

Charitable activities include expenditure associated with meeting its charitable objectives. This includes the cost of grant making, and direct provision of charitable services. Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.

### **1.6 Cash and cash equivalents**

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

### **Basic financial assets**

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

### **Basic financial liabilities**

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

**[www.parkinsons.me](http://www.parkinsons.me)**

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

### **Derecognition of financial liabilities**

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

## **2 Critical accounting estimates and judgements**

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

### 3. Donations and Legacies

Category	2024 Unrestricted (£)	2024 Restricted (£)	2024 Total (£)	2025 Unrestricted (£)	2025 Restricted (£)	2025 Total (£)
Donations and gifts	20,361	3,455	23,816	22,417	1,000	23,417

### 4. Charitable Activities

Category	2024 Unrestricted (£)	2024 Restricted (£)	2024 Total (£)	2025 Unrestricted (£)	2025 Restricted (£)	2025 Total (£)
Sales within charitable activities	–	–	–	950	–	950
Fundraising events	–	–	–	–	–	–

### 5. Raising Funds

Category	2024 Unrestricted (£)	2024 Restricted (£)	2024 Total (£)	2025 Unrestricted (£)	2025 Restricted (£)	2025 Total (£)
Fundraising & publicity costs	7,276	–	7,276	7,660	–	7,660

## 6. Charitable Activities

Category	2024 Unrestricted (£)	2024 Restricted (£)	2024 Total (£)	2025 Unrestricted (£)	2025 Restricted (£)	2025 Total (£)
Charitable expenditure	12,813	845	13,658	10,075	3,798	13,873
Share of support costs (note 7)	7,010	462	7,473	5,242	1,976	7,218
Share of governance costs (note 7)	806	53	859	90	35	125
<b>Total</b>	<b>20,629</b>	<b>1,360</b>	<b>21,990</b>	<b>15,407</b>	<b>5,809</b>	<b>21,216</b>

## 7. Support Costs

Category	2024 Unrestricted (£)	2024 Restricted (£)	2024 Total (£)	2025 Unrestricted (£)	2025 Restricted (£)	2025 Total (£)
Advertising & marketing	1,222	81	1,302	397	149	<b>546</b>
Bank fees	108	7	115	–	–	–
IT software & consumables	589	39	628	680	256	<b>936</b>
Insurance	329	22	351	363	137	<b>500</b>
General expenses	213	14	227	94	36	<b>130</b>
Employment costs	4,550	300	4,850	3,708	1,398	<b>5,106</b>
Trustees' meetings	773	51	824	65	25	<b>90</b>
Compliance	33	2	35	25	10	<b>35</b>
<b>Total support &amp; governance costs</b>	<b>7,816</b>	<b>516</b>	<b>8,332</b>	<b>5,332</b>	<b>2,011</b>	<b>7,343</b>

## 8. Allocation to Funds

Category	2024 Unrestricted (£)	2024 Restricted (£)	2024 Total (£)	2025 Unrestricted (£)	2025 Restricted (£)	2025 Total (£)
Charitable activities	7,816	516	8,332	5,332	2,011	7,343

## 9. Trustees

### Employees

#### Average FTE Employee

#### Payroll Costs

None of the trustees received any remuneration from the charity (2024: none).

Year	FTE Employee
2024	0.4
2025	0.4

Category	2024 (£)	2025 (£)
Wages & salary	11,847	12,473
Pension costs	279	293

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The trustees' report was approved by the Board of Trustees.

**Signed by:**



**Gary Strickland**  
Chair of the Board of Trustees

**Date: 17 December 2025**



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**PARKINSONS.ME**

England & Wales - Charity number 1166531

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# Accounts

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Charity Registration No. 1166531

# **PARKINSONS.ME**

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 APRIL 2024



**LEGAL AND ADMINISTRATIVE INFORMATION**

**Trustees**

Norman Telford (resigned as Chair 31 March 2024)

Ruth Bachelor

Rosie Chadwick

Peter Cook

Martin Cowell (resigned 31 December 2024)

Gary Strickland

**Charity number**

1166531

**Address of principal office**

Parkinsons.Me

c/o 21 The Old Pound

Wootton

ABINGDON

Oxfordshire

OX13 6BQ

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**TRUSTEES' REPORT FOR THE YEAR ENDED 30 APRIL 2024**

The trustees present their report and accounts for the year ended 30 April 2024.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's constitution, the Charities Act 2011 and *'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)'* (as amended for accounting periods commencing from 1 January 2016).

**About Parkinsons.me**

Parkinsons.Me was founded in 2016 by Ewan and Tracey Stutt following Ewan's diagnosis with Parkinson's at the age of 41. Ewan and Tracey recognised that when someone is diagnosed the focus (understandably) is on the person with the diagnosis, but in reality the impact is much wider. Family members value help and support to navigate challenges and establish a 'new normal'. Community support also goes a long way, and all of us - friends, neighbours, employers – can play our part, helped by a better understanding of the condition.

Reflecting this, Parkinsons.Me exists to provide support, advice and information to help people with Parkinson's and those closest to them manage their daily lives in the most positive way possible.

Our formal 'charitable objects' – the aims guiding our activities - are set out below. The trustees have paid due regard to the Charity Commission's guidance on public benefit in carrying out their duties and looking at how best to fulfil these objects.

Our charitable objects:

To promote good health and wellbeing for the public benefit in particular but not exclusively by:

- educating and offering support to people with Parkinson's
- raising awareness of the condition
- providing practical information and resources to people with Parkinson's and their families
- following up on and reporting on the latest research with regard to diagnosis, prevention and treatment (informing the public on the useful results of such research).

## **Our key activities and achievements**

The year saw the further development of established activities – our community garden, MoveMe exercise classes and linked MoveMe Mates group, regular coffee mornings and HearMe counselling offer – together with an increase in awareness raising, outreach and partnership development.

## **Parkinsons.Me community garden**

Our community garden continued to flourish thanks to tireless and creative leadership from trustee Gary Strickland, aided by a team of volunteers. Key physical enhancements through the year included installation of a composting toilet, made possible by a generous donation of £1,000 from local councillor Sally Povolotsky; construction and planting of a gravel garden; creation of a mini orchard and a rose bed planted up with eight specialist roses. The following local companies provided support through their corporate charity volunteering initiative: Taylor Francis, Richardo, Millar Cameron. The charity also benefitted from a donation of gravel for the gravel garden and from a set of lightweight gardening tools donated by the company Wilkinson Sword.

A team of four volunteers helped to maintain the garden on a regular basis. The team supported three Duke of Edinburgh students during the year, enabling the students to develop horticulture skills and other life skills such as following instructions, planning and problem solving.

The charity ran a second green therapy course in conjunction with a local GP, securing funding for further 'gardening on prescription' courses in 2024-25.

Another highlight of the year was the annual summer party, hosted at the garden in July 2023. This was well attended by the Parkinsons.Me community, friends, and individuals that had attended the gardening on prescription course.

Quotes left on the graffiti board in the garden highlight the many different benefits that people gain from coming to the garden, as these examples illustrate.

- *Class place with a great message*
- *We loved painting. I hope you enjoy the colourful bench*
- *We came again, had great fun being the umpire*
- *This place is amazing. Thank you.*
- *It is really nice here and very calming. Thank you*
- *It is so relaxing and calming*
- *We've had the best day in such a beautiful and unique place. Thank you so much.*
- *Wow! What a great place to come across. Amazing!*
- *We love coming here to the 'Special Garden'*

## **MoveMe**

The year saw the fifth anniversary of MoveMe exercise classes. We held forty-three classes across the year, alternating between face-to-face classes and sessions over zoom. Fourteen new members joined during the year. With thirty-seven members registered in all, managing the take-up of places so that everyone who wished to could take part was a regular preoccupation.

Feedback received over the year by physios Jo and Sherene underlines the benefits members gain from taking part:

- *I want to thank you for all of the sessions you've done this year, they have been very helpful and also enjoyable.*
- *Can I say a big thank you for all your efforts on our behalf over the last year.....it really makes a big difference to our quality of life.*
- *I LOVE your class*
- *I do find your classes fun and very helpful.*
- *Thank YOU Jo - and most of all for your caring and smiling, upbeat leadership of Move.Me. That is hugely appreciated by us all.*
- *Thank you so much for your wonderful sessions.*

The charity continued its support got a second MoveMe class, in Caversham. Momentum at this class built slowly but steadily through the year, though the 'companion' MoveMeMates group continued to be harder to develop.

## **MoveMeMates**

The original 'MoveMeMates' - partners, drivers, family members and carers of MoveMe class members – met regularly through the year in parallel with in-person MoveMe classes.

The group continues to be highly valued as a confidential space where people can speak freely, be guided to sources of further information and help, chat with people in similar positions, laugh and enjoy each others' company over coffee and cake. Having a partner in the exercise class is not compulsory: during the year the trustees agreed that, where appropriate, the charity would cover the cost of carer support to enable partners of people with Parkinson's to take part in MoveMeMates.

## **HearMe**

The charity continued to receive a small number of requests from people with Parkinson's or family members to take up our offer of counselling sessions, with five individuals supported through the year (two ongoing and three new people within the year) and other enquiries responded to. One of those supported had Parkinson's, while four were relatives of people with Parkinson's. Our hope is that take-up will increase as awareness of the service grows, since feedback suggests that this support can be invaluable.

## **CoffeeMe**

Coffee Me, our informal monthly coffee gathering where people affected by Parkinson's, their friends and family members can spend social time together, went from strength to strength during the year, with attendance approaching thirty in peak months. Those attending describe being helped by being able to 'meet up locally with lovely people who are also in the same position as us.' As this person put it: *'We look forward to these catch ups every month! Sharing similar experiences and helping with useful tips how to live with Parkinson's and manage symptoms is a great benefit for us all.'*

## **Communications**

The year saw a step change in awareness raising and partnership development, supported by production of new marketing materials and work on website development.

Four newsletters were sent to our database, successfully engaging with our existing network of 'friends' and supporters.

Contacts made with 76 care homes and 62 medical centres across Oxfordshire resulted in 3 key care homes expressing interest in collaborating with Parkinsons.Me. Meetings were also held with the Chair of Oxfordshire County Council and with the local MP, paving the way for future collaborations and support.

In May 2023 the charity hosted a Care and Share event in conjunction with Parky Pals and Home Instead charities. Nearly 40 attendees, a number of whom were new to Parkinsons.Me, attended the event which featured a range of presentations on topics such as exercise, diet and constipation, Parkinson UK's First Steps programme and the offers of the charities involved. Feedback on the event was very positive, with suggestions that it might be repeated.

The year saw significant growth across all communications channels with Facebook followers up 9% to 9,289; Instagram followers up 39% to 2,081; website visits up 24% to 2,215; a new presence established on LinkedIn and a 20% increase in email subscribers. These connections and developments are crucial as we work to expand our impact and support those affected by Parkinson's in Oxfordshire and beyond.

## **Fundraising**

We continued to benefit from many acts of generosity, including some substantial donations, for which we are extremely grateful. Additional fundraising activities, many led by our Communications Officer Justine Nunn, resulted in Parkinsons.Me securing grants from TRUCK, the Hospital Fund, OCVA/the Connected Communities Fund, the Co-op and Wallingford Dog Show.

## **Other**

Finally, the year saw innovative work by former Parkinsons.Me chair Mike Ayre to design an insert for a mug aimed at helping people with Parkinson's manage hot drinks safely and work by volunteer John Govans to explore the potential of a bowls group. Costs of prototyping the mug have so far proved prohibitive, but we hope this imaginative work will bear fruit in the future. With funding now secured for bowls equipment we hope this further exercise opportunity can shortly be put in place.

## **Looking ahead**

In the year ahead we intend to continue with awareness raising and partnership development so that all those who can benefit from support know about the help on offer. Other plans involve:

- further developing the garden, including delivering two gardening on prescription courses
- supporting the continuing development of MoveMe and MoveMe Mates, including in Caversham
- increasing take up of Hear Me
- introducing bowling.

Efforts are underway to recruit new trustees, including a replacement for our interim Chair who stepped down in March 2024. We will be continuing these efforts in 2024-25. We will also be maintaining our emphasis on fundraising, both to sustain our current projects and to develop new models of support to benefit people living with Parkinson's and their families.

## **Structure, governance and management**

Parkinsons.Me is a charitable incorporated organisation registered with the Charity Commission for England and Wales on 14 April 2016.

Our Board of Trustees met eight times in 2023-24. Trustees are identified through a mix of open advertising and targeted approaches. During the reporting period half of our trustees had personal experience of Parkinson's, either themselves or through a member of their family, bringing first hand insights into our deliberations.

The Board has agreed an appropriate set of policies and procedures to govern our day-to-day activities. Trustees have also assessed the major risks to which the charity is exposed and agreed appropriate mitigation measures.

**Financial review**

Both income and expenditure increased by about £2,000 over the prior year, resulting in a deficit of some £5,000 in both years. The trustees have agreed it is appropriate to hold sufficient unrestricted reserves to cover our regular outgoings for some six to eight months. As at 30 April 2024 our unrestricted reserves were £19,955, equating to just over eight months' regular outgoings. We have refocused some communications activity on fundraising and will continue to control our income and expenditure carefully to remain compliant with our reserves policy.

The trustees' report was approved by the Board of Trustees.

Trustee:  N E TELFORD

Dated: 12/2/2025

**Statement of Financial Activities  
Including Income and Expenditure Account**

**For the Year Ended 30 April 2024**

	Notes	2023 (Restated)		2024		
		Unrestricted	Restricted	Unrestricted	Restricted	Total
		£s	£s	£s	£s	£s
<b>Income from:</b>						
Donations and legacies	3	21,015	500	20,361	3,455	23,816
Charitable activities	4	447	-	-	-	-
<b>Total Income</b>		<b>21,462</b>	<b>500</b>	<b>20,361</b>	<b>3,455</b>	<b>23,816</b>
<b>Expenditure on:</b>						
Raising funds	5	6,900	-	7,276	-	7,276
Charitable activities	6	20,823	-	20,629	1,361	21,990
<b>Total resources expended</b>		<b>27,723</b>	<b>-</b>	<b>27,905</b>	<b>1,361</b>	<b>29,266</b>
<b>Net income for the year/ Net movement in funds</b>		<b>(6,261)</b>	<b>500</b>	<b>(7,544)</b>	<b>2,094</b>	<b>(5,450)</b>
<b>Transfer between funds</b>		-	-	-	-	-
Opening Fund Balances		35,466		29,205	500	29,705
<b>Closing Fund Balances</b>		<b>29,205</b>	<b>500</b>	<b>21,661</b>	<b>2,594</b>	<b>24,255</b>

The statement of financial activities includes all gains and losses recognised in the period.

All income and expenditure derive from continuing activities.

2023 figures restated to recognise proportion of employee time spent on Raising Funds

**Statement of Financial Position**

**As At 30 April 2024**

	2023 (Restated)		2024	
	Unrestricted	Restricted	Unrestricted	Restricted
	£s		£s	
		Total		Total
<b>Current Assets</b>				
Stocks	-	-	-	-
Cash at bank and in hand	30,764	31,264	22,967	25,560
	<u>30,764</u>	<u>31,264</u>	<u>22,967</u>	<u>25,560</u>
<b>Creditors : amounts falling due within 1 year</b>	(1,559)	(1,559)	(1,306)	(1,306)
<b>Net current assets</b>	<u>29,205</u>	<u>29,705</u>	<u>21,661</u>	<u>24,255</u>
<b>Restricted Funds</b>	-	500	-	2,594
<b>Unrestricted Funds</b>	29,205	29,205	21,661	21,661
<b>Charitable Funds</b>	<u>29,205</u>	<u>29,705</u>	<u>21,661</u>	<u>24,255</u>

Notes

These accounts were approved by the Trustees on 12/02/2025

.....  
  
 Mr Norman Telford

## Notes to the financial statements

### 1. Accounting policies

#### Charity information

Parkinsons.me is a charitable incorporated organisation registered with the Charities Commission for England and Wales.

#### 1.1 Accounting convention

The accounts have been prepared in accordance with the charity's constitution, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The accounts have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

#### 1.2 Going concern

At the time of approving the accounts, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

#### 1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes. Restricted funds are subject to specific conditions by donors as to how they may be used.

#### 1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

**1 Accounting policies (continued)**

**1.5 Resources expended**

All expenditure is included on an accruals basis and is recognised when there is a legal or constructive obligation to do so.

Charitable activities include expenditure associated with meeting its charitable objectives. This includes the cost of grant making, and direct provision of charitable services.

Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.

**1.6 Cash and cash equivalents**

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

***Basic financial assets***

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

***Basic financial liabilities***

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

***Derecognition of financial liabilities***

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

**2 Critical accounting estimates and judgements**

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

# PARKINSONS.ME

## Notes to the Financial Statements (continued)

For the Year Ended 30 April 2024

	2023 (Restated)			2024		
	Unrestricted £s	Restricted £s	Total £s	Unrestricted £s	Restricted £s	Total £s
<b>3. Donations and legacies</b>						
Donations and gifts	21,015	500	21,515	20,361	3,455	23,816
	<u>21,015</u>	<u>500</u>	<u>21,515</u>	<u>20,361</u>	<u>3,455</u>	<u>23,816</u>
<b>4. Charitable activities</b>						
Sales within charitable activities	380	-	380	-	-	-
Fundraising events	67	-	67	-	-	-
	<u>447</u>	<u>-</u>	<u>447</u>	<u>-</u>	<u>-</u>	<u>-</u>
<b>5. Raising Funds</b>						
Fundraising and publicity costs	6,900	-	6,900	7,276	-	7,276
<b>6. Charitable activities</b>						
Charitable expenditure	13,277	-	13,277	12,813	845	13,658
Share of support costs (see note 7)	6,934	-	6,934	7,010	462	7,473
Share governance costs (see note 7)	611	-	611	806	53	859
	<u>20,823</u>	<u>-</u>	<u>27,723</u>	<u>20,629</u>	<u>1,361</u>	<u>29,266</u>
<b>7. Support costs</b>						
<u>Support Costs</u>						
Advertising and marketing	405	-	405	1,222	81	1,302
Bank fees	32	-	32	108	7	115
IT Software & Consumables	950	-	950	589	39	628
Insurance	802	-	802	329	22	351
General expenses	145	-	145	213	14	227
Employment costs	4,601	-	4,601	4,550	300	4,850
<u>Governance Costs</u>						
Trustees' meetings	396	-	396	773	51	824
Accountants' fees	180	-	180	-	-	-
Compliance	35	-	35	33	2	35
Total Support and Governance Costs	<u>7,544</u>	<u>-</u>	<u>7,544</u>	<u>7,816</u>	<u>516</u>	<u>8,332</u>
<u>Allocation to Funds</u>						
Charitable activities	<u>7,544</u>	<u>-</u>	<u>7,544</u>	<u>7,816</u>	<u>516</u>	<u>8,332</u>
<b>8. Trustees</b>						
None of the trustees received any remuneration from the charity (2023 - none)						
<b>9. Employees</b>						
The average of full time equivalent employees during the year was as follows						
		<b>2023</b>	<b>2024</b>			
Employees		0.4	0.4			
The payroll costs of this person were as follows						
		<b>2023</b>	<b>2024</b>			
		<b>£s</b>	<b>£s</b>			
Wages & salary		11,250	11,847			
Pension costs		251	279			

**PARKINSONS.ME**

England & Wales - Charity number 1166531

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# Accounts

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Charity Registration No. 1166531

# **PARKINSONS.ME**

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 APRIL 2023



**LEGAL AND ADMINISTRATIVE INFORMATION**

**Trustees**

Mike Ayre (Chair) (resigned 31 March 2023)  
Ruth Bachelor  
Rosie Chadwick (Vice Chair)  
Peter Cook  
Martin Cowell  
Amanda Seddon (resigned 9 November 2022)  
Gary Strickland  
Norman Telford (Chair w.e.f. 1 April 2023)

**Charity number** 1166531

**Address of principal office**

Parkinsons.Me  
Boston House  
Grove Business Park  
Downview Road  
Wantage  
OX12 9FF

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## **TRUSTEES' REPORT FOR THE YEAR ENDED 30 APRIL 2023**

The trustees present their report and accounts for the year ended 30 April 2023.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's constitution, the Charities Act 2011 and '*Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)*' (as amended for accounting periods commencing from 1 January 2016).

### **Our objectives**

Parkinsons.Me was founded in 2016 by Ewan and Tracey Stutt following Ewan's diagnosis with Parkinson's at the age of 41. The charity's objects are:

To promote good health and wellbeing for the public benefit in particular but not exclusively by:

- educating and offering support to people with Parkinson's
- raising awareness of the condition
- providing practical information and resources to people with Parkinson's and their families
- following up on and reporting on the latest research with regard to diagnosis, prevention and treatment (informing the public on the useful results of such research).

We want people with Parkinson's and their families to have the information and support they need to manage their daily lives in the most positive way possible. We work towards this by providing positive, inspiring and meaningful online, personal and community support designed to meet the needs of the whole family.

The trustees have paid due regard to the Charity Commission's guidance on public benefit in carrying out their duties and looking at how best to fulfil these objects.

### **Our key activities and achievements**

Work continued through the year to consolidate existing and develop new initiatives geared to providing practical help for families affected by Parkinson's.

#### **Parkinsons.Me community garden**

Our community garden continued to be well-maintained and used by a wide range of visitors, volunteers and community groups, proving its value as a place for people with Parkinsons, family members and others from the local community to enjoy healthy food and exercise and relax and socialise in beautiful surroundings.

# PARKINSONS.ME

This year we have seen an increase in visitors, now estimated to be in the region of 120 each month. There has been increased interest in volunteers helping to maintain the garden on a weekly or monthly basis or via one-off corporate charity support days. We estimate the total time donated at over 550 hours across the year. Thanks go to all these volunteers, including those from local companies Drax, Taylor Francis and JISC who have given their free time on more than one occasion.

The charity has benefited from two local students volunteering at the garden as part of their Duke of Edinburgh's Award. The local cub pack also assisted with planting out the vegetable plot early in the season and constructed bug hotels for the meadow and the wildlife area.

A local young reporter, Charlotte Hailey, interviewed Head Gardener Gary Strickland and described the evolution of the garden in a piece that went live on social media and attracted much interest on World Parkinson's Day. We include here some extracts from Charlotte's report:

*This ethereal and peaceful garden was initially created between 2016 and 2018, for people with Parkinson's who needed to exercise as the condition can cause problems like involuntary shaking and stiffness. Since then, the garden has evolved into something much more. It has become an inspiring space for community activities such as the local choir's practice, KA's students volunteering as part of their DofE, families out on walks, hikers stopping for a lunchbreak, children playing on the ping pong table, or simply to relax and socialise here. This isn't just for people with Parkinson's but is open every day to anyone!*

*This garden is admirably entirely run by volunteers! And donations from the plant sale table near the entrance funds the garden... Everything in the garden is in harmony, from the seating to the sensory garden to the vegetable patch. The charity is immensely pleased with attracting students from Charlton Primary School and the local cub pack, as they love encouraging the next generation of enthusiastic gardeners.*

*This garden continues to expand and grow much like the plants it nurtures...*

*This local charity Parkinsons.me has clearly made a big difference to the community in establishing this garden, through enhancing wellbeing and creating a retreat of serenity and flora. And with spring already flourishing, I have to encourage passers-by to step in and enjoy the daffodils, tulips, fritillaries, euphorbias, and bluebells in bloom this April. And even to look forward to May, which will bring a whole new host of colour from the Solomon's seal, aquilegias, alliums, and lilies!*

*This truly is a paradise.*

Garden projects for 2023-2024 involve installing a composting toilet, running a second green therapy course in conjunction with local GP, and creating a gravel garden with plants suited to our changing climate. The charity is actively looking for financial support, through numerous grants, to make this happen.

## **MoveMe**

We held twenty-two in-person Move Me exercise classes over the year, with a similar number of sessions via Zoom. Average attendance at face-to-face sessions was 14 to 15, with slightly higher attendance at zoom sessions. Members continue to value sessions highly (as reflected in a poem written by group member Lester Gale) and over the year we've built up a waiting list of people keen to join. We continue to look at ways of accommodating new participants.

It has long been our ambition to replicate MoveMe in other locations, and in 2022-23 we were pleased to take a step towards this by supporting a second class (in Caversham, near Reading) for a trial period. Sessions started on 5 December. The number of participants in the Caversham class is slowly growing, reaching eight in April, although the accompanying MoveMe Mates group of partners, drivers, carers and family members is proving harder to develop. We look forward to working with our Caversham partners to build momentum in the year ahead.

## **MoveMe Mates**

The 'original' MoveMe Mates group continued to meet alongside the MoveMe exercise classes, providing a much-valued opportunity for family members and friends of people with Parkinson's to laugh, chat and support each other over coffee and cake. The group enjoyed contributions from occasional visiting guests who shared insights for example on help with finding carers and dealing with financial issues. MoveMeMates is a totally confidential space where people can speak freely and they can also be guided to sources of further information and help if required. We welcome new people and they do not necessarily have to have partners in the exercise class.

## **HearMe**

Our HearMe project had a total of seven clients over the year. Of these, two were pre-existing while five were new to the service. Four clients had a diagnosis of Parkinson's: the remaining three were relatives.

We continue to receive incredibly positive testimonials from people who have received counselling as a result of HearMe, as these examples illustrate.

*"I found it helpful to work through my fears and anxieties about PD in this context.*

*"I found the course enlightening and valuable and it gave me new insights into myself and certain patterns of behaviour, which I'm now working hard to ameliorate."*

*"My counsellor has been such a wonderful support over the last few months and I really don't know what I would have done without her. Although I'm still very much struggling with my work / financial situation this has allowed my diagnosis to sink in and to realise what is important and to prioritise my health and to prioritise doing things that are really important to me whilst I'm the best I'm going to be before any further progression and although I'm not sure whether I'll ever fully accept this diagnosis at my age I have come a long way through this journey"*

# PARKINSONS.ME

*"I just want to say a massive thank you to you and the charity for giving me this support. It really has made a difference to, not only how I feel, but how my Husband is too. It has helped our relationship and for me to learn coping strategies when things get too much, seeing him as more than Parkinson's and that 'the real' him is still there inside, as well as looking at the future with more perspective and hope."*

## CoffeeMe

Starting in late May 2022 we were pleased to revive an informal monthly coffee gathering, where people affected by Parkinson's, their friends and family members can spend social time together. Typically held at the Court Hill Centre on the second Sunday of each month, these sessions have been enthusiastically received, often with twenty plus participants. Alongside members of MoveMe and MoveMe Mates we have been pleased to welcome others not involved in the exercise classes and people who found out about the sessions via publicity online.

## Research

A major milestone in 2022-23 involved completing our survey of people and families living with Parkinson's to deepen our understanding of what support will be most helpful and what gets in the way of accessing support.

In all we received 187 responses. The box below gives more information on respondents.

<b>About respondents to our survey</b>
<ul style="list-style-type: none"><li>• 107 (57%) of survey responses were from people with Parkinson's, 54 (29%) were from partners of people with Parkinson's and 26 (14%) from people where a parent or other family member had Parkinson's.</li><li>• Respondents ranged from people in their 30's to people over 80, though with most (82%) aged between 51 and 80.</li><li>• 26% were in employment.</li><li>• Nearly three quarters of the (173) respondents who gave their gender were female.</li><li>• Almost all respondents were White.</li><li>• Nearly 2/3rds (63%) person or family member diagnosis was relatively recent, 2016 or later.</li></ul>

Feedback from the survey underline the challenges faced by many in talking about their real feelings about Parkinson's. Almost half (47%) said they found it *not at all easy* (11%) or *not very easy* (36%) to discuss their feelings. Barriers described included feelings of embarrassment, a wish to protect others, not wanting to be treated differently or dominate the conversation, feeling that others didn't want to hear - 'they all just tune out' - or didn't really understand, not least as 'there are lots of misconceptions.'

Finding the right person, or people, to talk to comes across strongly as an issue for both people with Parkinson's and family members. Asked who they already talked to about Parkinson's 75% of those responding said they talked to family members and 70% to medical professionals but 8% said they spoke to no-one.

# PARKINSONS.ME

Responses also highlight the big gap between who respondents already talk to and who they would *like* to talk to about PD.

- 6% of respondents had spoken to a counsellor compared with 32% said they'd like to do this.
- 40% had spoken to someone else with Parkinson's, but 55% said they'd like to do this.

In the same way, large gaps can be seen between the sources of support that respondents to our survey currently receive and sources of support that they would like.

- 8% received financial advice compared with 38% who would like to receive it.
- 10% received practical support around the home compared with 44% who said they would like it.
- 2% received advice on how to manage relationships affected by Parkinsons compared with 54% who would like to receive it.
- 2% advice on managing or changing your career and income, but 24% said they would like this.

Other strong themes from responses concern: the challenges of dealing with the uncertainty associated with Parkinson's; a thirst for more, and more regular, contact with health professionals who are knowledgeable about Parkinson's; the benefits of exercise; a need to make the many and different sources of information about Parkinson's much easier to access and navigate; and the importance of family members, and the public more generally, being much better informed about Parkinson's, its impacts and ways that they can help.

These findings reaffirm the need for Parkinson's.Me's current projects but also provide important insights on areas requiring further work. We are grateful to the focus group of people affected by Parkinson's for their help, both in designing the survey and reflecting on its findings.

## **Communications**

Work continued to raise awareness of Parkinson's, and what we offer as a charity, including through talks to local groups, involvement in a charity project at St Birinus School, a visit to a local care home and our presence at a Wellbeing event hosted at the Beacon, Wantage's civic centre. We also overhauled our printed literature and used social media (in particular our Facebook presence) to share inspiring stories, helpful podcasts, updates on clinical trials and therapies and more.

## **Fundraising**

As in previous years we have benefited greatly from many acts of generosity. Thanks go to the many individuals and organisations who have helped us by taking on sporting challenges, organising charity fundraisers, donating proceeds from events and giving gifts of time and/or money.

## Looking ahead

Alongside plans for the garden, described earlier, we aim to

- Continue to promote, and grow, our Hear Me project.
- Review the second MoveMe class, learning lessons about effective replication.
- Produce a new suite of literature.
- Take stock of what others are doing in areas emerging from our survey, helping us identify things that we might progress with others and new support we should prioritise.
- Renew our emphasis on fundraising to sustain our current projects and enable new ones.

Throughout we'll continue to work closely with people living with Parkinson's and their families, recognizing that their full involvement and insights are key to creating a more responsive, inclusive and effective Parkinsons.Me.

## Structure, governance and management

Parkinsons.Me is a charitable incorporated organisation registered with the Charity Commission for England and Wales on 14 April 2016.

Our Board of Trustees met monthly in 2022/23. New trustees are identified through a mix of open advertising and targeted approaches. We are pleased to now have three trustees with personal experience of Parkinson's, either themselves or through a member of their family.

The Board has agreed an appropriate set of policies and procedures to govern our day-to-day activities. Trustees have also assessed the major risks to which the charity is exposed and agreed appropriate mitigation measures.

## Financial review

The trustees have agreed it is appropriate to hold sufficient unrestricted reserves to cover our regular outgoings for some six to eight months. As at 30 April 2023 our unrestricted reserves were £29,205, equating to just over twelve months' regular outgoings. The trustees regard this extra headroom as appropriate at this time, given our increased outgoings and the further spending likely to be needed to deliver on priorities identified through our survey.

The trustees' report was approved by the Board of Trustees.

Trustee:



Dated:

17-1-24

**Statement of Financial Activities  
Including Income and Expenditure Account**

**For the Year Ended 30 April 2023**

	Notes	2022		2023		
		Unrestricted £s	Restricted £s	Unrestricted £s	Restricted £s	Total £s
<b><u>Income from:</u></b>						
Donations and legacies	3	24,267	0	21,015	500	21,515
Charitable activities	4	1,567	-	447	-	447
<b>Total Income</b>		<b>25,834</b>	<b>0</b>	<b>21,462</b>	<b>500</b>	<b>21,962</b>
<b><u>Expenditure on:</u></b>						
Raising funds	5	645	-	0	-	0
Charitable activities	6	16,263	2,592	27,723	-	27,723
<b>Total resources expended</b>		<b>16,908</b>	<b>2,592</b>	<b>27,723</b>	<b>-</b>	<b>27,723</b>
<b>Net income for the year/ Net movement in funds</b>		<b>8,926</b>	<b>(2,592)</b>	<b>(6,261)</b>	<b>500</b>	<b>(5,761)</b>
<b>Transfer between funds</b>		<b>(416)</b>	<b>416</b>	<b>-</b>	<b>-</b>	<b>-</b>
Opening Fund Balances		26,956	2,176	35,466	-	35,466
<b>Closing Fund Balances</b>		<b>35,466</b>	<b>-</b>	<b>29,205</b>	<b>500</b>	<b>29,705</b>

The statement of financial activities includes all gains and losses recognised in the period.

All income and expenditure derive from continuing activities.


**Statement of Financial Position**

**As At 30 April 2023**

	2022			2023		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£s	£s	£s	£s	£s	£s
<b>Current Assets</b>						
Stocks	-	-	-	-	-	-
Cash at bank and in hand	36,533	2,092	38,625	30,764	500	31,264
	<u>36,533</u>	<u>2,092</u>	<u>38,625</u>	<u>30,764</u>	<u>500</u>	<u>31,264</u>
<b>Creditors : amounts falling due within 1 year</b>	(1,067)	(2,092)	(3,159)	(1,559)		(1,559)
	<u>35,466</u>	<u>-</u>	<u>35,466</u>	<u>29,205</u>	<u>500</u>	<u>29,705</u>
<b>Net current assets</b>						
Restricted Funds	-	-	-	-	500	500
Unrestricted Funds	35,466		35,466	29,205		29,205
	<u>35,466</u>	<u>-</u>	<u>35,466</u>	<u>29,205</u>	<u>500</u>	<u>29,705</u>

Notes

These accounts were approved by the Trustees on..... (17-1-24).....



Trustee

## Notes to the accounts

### 1. Accounting policies

#### Charity information

Parkinsons.me is a charitable incorporated organisation registered with the Charities Commission for England and Wales.

#### 1.1 Accounting convention

The accounts have been prepared in accordance with the charity's constitution, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The accounts have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

#### 1.2 Going concern

At the time of approving the accounts, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

#### 1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes. Restricted funds are subject to specific conditions by donors as to how they may be used.

#### 1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

## 1 Accounting policies (continued)

### 1.5 Resources expended

All expenditure is included on an accruals basis and is recognised when there is a legal or constructive obligation to do so.

Charitable activities include expenditure associated with meeting its charitable objectives. This includes the cost of grant making, and direct provision of charitable services.

Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.

### 1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

#### ***Basic financial assets***

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

#### ***Basic financial liabilities***

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

#### ***Derecognition of financial liabilities***

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

## 2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

# PARKINSONS.ME

## Notes to the Financial Statements (continued)

For the Year Ended 30 April 2023

	2022			2023		
	Unrestricted £s	Restricted £s	Total £s	Unrestricted £s	Restricted £s	Total £s
<b>3. Donations and legacies</b>						
Donations and gifts	24,267	-	24,267	21,015	500	21,515
	<u>24,267</u>	<u>-</u>	<u>24,267</u>	<u>21,015</u>	<u>500</u>	<u>21,515</u>
<b>4. Charitable activities</b>						
Sales within charitable activities	1,367	-	1,367	380	-	380
Fundraising events	200	-	200	67	-	67
	<u>1,567</u>	<u>-</u>	<u>1,567</u>	<u>447</u>	<u>-</u>	<u>447</u>
<b>5. Raising Funds</b>						
Fundraising and publicity costs	645	-	645	-	-	-
<b>6. Charitable activities</b>						
Charitable expenditure	7,547	2,592	10,139	13,277	-	13,277
Share of support costs (see note 7)	7,837	-	7,837	13,835	-	13,835
Share governance costs (see note 7)	879	-	879	611	-	611
	<u>16,263</u>	<u>2,592</u>	<u>18,855</u>	<u>27,723</u>	<u>-</u>	<u>27,723</u>
<b>7. Support costs</b>						
<u>Support Costs</u>						
Advertising and marketing	655	-	655	405	-	405
Bank fees	-	-	-	32	-	32
IT Software & Consumables	-	-	-	950	-	950
Insurance	412	-	412	802	-	802
General expenses	343	-	343	145	-	145
Employment costs	6,427	-	6,427	11,501	-	11,501
<u>Governance Costs</u>						
Trustees' meetings	400	-	400	396	-	396
Accountants' fees	444	-	444	180	-	180
Compliance	35	-	35	35	-	35
Total Support and Governance Costs	<u>8,716</u>	<u>-</u>	<u>8,716</u>	<u>14,446</u>	<u>-</u>	<u>14,446</u>
<u>Allocation to Funds</u>						
Charitable activities	<u>8,716</u>	<u>-</u>	<u>8,716</u>	<u>14,446</u>	<u>-</u>	<u>14,446</u>
<b>8. Trustees</b>						
None of the trustees received any remuneration from the charity (2022 - none)						
<b>9. Employees</b>						
The average of full time equivalent employees during the year was as follows						
Employees		2022 0.4	2023 0.4			
The payroll costs of this person were as follows						
Wages & salary		2022 £s 6,294	2023 £s 11,250			
Pension costs		133	251			

**PARKINSONS.ME**

England & Wales - Charity number 1166531

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# Accounts

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Charity Registration No. 1166531

# **PARKINSONS.ME**

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30 APRIL 2022



**Parkinsons.Me**  
Supporting you and your family

**LEGAL AND ADMINISTRATIVE INFORMATION**

**Trustees**

Mike Ayre (Chair)

Ruth Bachelor (appointed 9 March 2022)

Rosie Chadwick (Vice Chair)

Peter Cook

Martin Cowell

Phil Dunmore (resigned 4 March 2022)

Amanda Seddon (resigned 9 November 2022)

Gary Strickland

Norman Telford (appointed 9 March 2022)

**Charity number**

1166531

**Address of principal office**

Parkinsons.Me

Boston House

Grove Business Park

Downview Road

Wantage

OX12 9FF

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## **TRUSTEES' REPORT FOR THE YEAR ENDED 30 APRIL 2022**

The trustees present their report and accounts for the year ended 30 April 2022.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's constitution, the Charities Act 2011 and '*Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)*' (as amended for accounting periods commencing from 1 January 2016).

### **Our objectives**

Parkinsons.Me was founded in 2016 by Ewan and Tracey Stutt following Ewan's diagnosis with Parkinson's at the age of 41. The charity's objects are:

To promote good health and wellbeing for the public benefit in particular but not exclusively by:

- educating and offering support to people with Parkinson's
- raising awareness of the condition
- providing practical information and resources to people with Parkinson's and their families
- following up on and reporting on the latest research with regard to diagnosis, prevention and treatment (informing the public on the useful results of such research).

We want people with Parkinson's and their families to have the information and support they need to manage their daily lives in the most positive way possible. We work towards this by providing positive, inspiring and meaningful online, personal and community support designed to meet the needs of the whole family.

The trustees have paid due regard to the Charity Commission's guidance on public benefit in carrying out their duties and looking at how best to fulfil these objects.

### **Our key activities and achievements**

Our activities in the year May 2021 to April 2022 once again required adjustments due to COVID. Despite this we were able to make progress across all our main project areas. We also strengthened our communications, helping us promote our services more effectively while also growing our support base.

### **Parkinsons.Me community garden**

Our community garden in West Lockinge continued to be a practical demonstration of the benefits of green space, exercise and nutrition for people with Parkinson's, as well as being a focus for community support, an aid to awareness raising, a valued space for rest and relaxation and a source of great produce!

## PARKINSONS.ME

Whilst social restrictions were in place the garden was a haven for local people looking to socialize safely. Move Me Mates, the social and support group meeting alongside Move Me exercise classes, also met in the garden through the summer of 2021. In spring 2022 the garden also acted as a venue for some choir rehearsals!

Volunteering sessions were scaled back initially, with garden upkeep dependent on a core team of Gary Strickland, Ewan Stutt and Ian Matthews. Once resumed, installation of a banner outside the garden and increased communication on social media helped attract a group of regular volunteers whose support has been invaluable. We were grateful for support from two young people who volunteered with us as part of their Duke of Edinburgh's Award. We were also fortunate to be supported by a number of local companies, including regular support from Taylor Frances, based locally at Harwell.

Volunteers' feedback highlights the value of the garden in helping volunteers learn more about Parkinson's and feel connected, both to the place and to the charity, as this example illustrates:

*"The volunteer day was "energetic and enjoyable! I look forward to the next one! It's nice to go back to the same place too as you can see progress, get to know the charity and feel a real part of it."*

Physical improvements to the garden included creating a small meadow, adding new seating and installing a magnificent oak gazebo.

In response to an approach from a local GP practice, the charity ran a pilot green therapy project over the summer, working with six patients with a range of neurological conditions who volunteered for weekly 90-minute sessions over a six-week period. We were able to provide a one-to-one ratio of Parkinsons.Me trustees and other volunteers to patients, adding to the quality of the experience. While attendance was mixed, feedback from the project was very positive. Plus points highlighted by patients included meeting new people, being outdoors and learning about gardening, with a number saying that they would like the project to continue.

Radio interviews on the garden and garden therapy project and two talks to local gardening groups on the history of the garden all provided opportunities to spread the word about our work and why it's needed, as did many conversations with visitors to the garden and with passers-by.

### **MoveMe**

Despite restrictions due to Covid, our MoveMe circuit-based group exercise programme not only survived but strengthened. MoveMe is a collaboration between the NHS Oxford Health Physical Disability Physiotherapy Service (OH PDPS) and Parkinsons.Me. The enthusiasm of the class has been matched by the physiotherapists. Jo Preston, who leads the class, is inspirational and puts enormous time and effort into designing and delivering the exercises. Jo's assistant Sherine, who keeps a watchful eye on the class is another key helper.

Following consultation with group members, MoveMe moved from online only to hybrid format from August 2021, with alternate weeks taking place in person or on zoom. This allowed the class to meet every week in one form or other. After a slight dip in numbers in

# PARKINSONS.ME

the autumn attendance quickly bounced back to the point of having a full class and a short waiting list and with average attendance of 16 in person and 12 on zoom.

Jo describes the class as the highlight of her week. To quote her:

*"I love how much people enjoy it and are hopefully gaining lots of benefits both physically, mentally and socially from being part of it. I have really valued the relationships I have built with those that come and hope they have developed lasting friendships with each other too."*

## **MoveMe Mates**

Following summer meetings in the garden, our MoveMe Mates group of partners, family members and friends resumed meeting indoors alongside the MoveMe exercise classes for social time and to share experiences. The group benefitted from the addition of new members. In February they also welcomed a speaker from the Vale's Community Impact Centre who gave a talk on benefits. This quote from a 'MoveMe Mate' captures the essence of MoveMe Mates:

*"How good it was to laugh and be in a room full of laughter. It truly is a family in its own rights. It was real downtime; an opportunity to find out about one another's lives, families, interests, worries and wisdom. I would sum it up as LLL - learn, lean and laugh."*

## **Hear Me**

Hear Me, our project aimed at providing counselling therapies to members of families affected by Parkinson's continued to make slow progress, securing only two further clients during the year. While access to potential clients was significantly affected by the Covid 19 pandemic, we also identified the need for a more effective outreach and communication strategy. Work to publicize the service has since generated several new enquiries.

Despite the initial low take up we feel committed to continuing with the project, particularly following comments like the one below.

*"I am deeply grateful for the kindness displayed towards me and can't understand why this incredibly valuable service isn't more widely used. Perhaps it's the famous British reticence in play but if so, I'd be sorry as I can't be the only person in need of a little help now and then."*

## **Communications**

The charity's communications activity gathered pace in 2021/22, in particular following the appointment of Justine Nunn as part-time Communications Officer, and Parkinsons.Me's first paid staff member, in October 2022. Justine is exceptionally well placed to communicate what living with Parkinson's means for families based on her own personal experience.

Despite tragically losing her partner, Parkinson's campaigner and explorer Alex Flynn, soon after starting work with us, Justine threw herself into the role. Results of Justine's work, aided by trustees, can be seen locally in our growing contacts with local businesses and care homes, features in local magazines, a growing Facebook presence in Wantage, and participation of several Wantage businesses in a 'Paint Wantage Blue' campaign to mark World Parkinson's Day in April 2022. They have also extended nationally and internationally via news reports, podcasts, video interviews and a free online session on what life is like living with Parkinson's Disease.

## **Fundraising**

Alex was well known as an athlete and adventurer. At the family's request, a substantial proportion of the funds raised or donated by friends and admirers in Alex's memory benefitted Parkinsons.Me in 2021/22. In many cases people took on challenges themselves, climbing, running, cycling, rowing, sky diving or taking on other extreme challenges as a mark of respect for how Alex pushed himself to the limit and in recognition of the daily challenges faced by people and families living with Parkinson's. We were also pleased to receive donations (among others) from a parish church for whom we were the nominated charity, from a furniture manufacturer and from visitors to the garden. We appreciate these contributions hugely, both for what they enable us to do and because of the community support that these donations represent.

## **Looking ahead**

In 2022/23 we want to gather insights from people and families living with Parkinson's to deepen our understanding of what support will be most helpful and what gets in the way of accessing support. This will help us to refine and further develop Parkinsons.Me's support offer and align our communications (including enhancing online offerings and increased digital marketing) to meet what's needed most. We hope to continue developing the garden, including exploring possible repeats of the garden therapy project. We remain keen to support the replication of MoveMe and MoveMe Mates so that other areas can benefit from the model's evident success, and to attract more HearMe clients.

## **Structure, governance and management**

Parkinsons.Me is a charitable incorporated organisation registered with the Charity Commission for England and Wales on 14 April 2016.

Our Board of Trustees met monthly in 2021/22. New trustees are identified through a mix of open advertising and targeted approaches. We are pleased to now have three trustees with personal experience of Parkinson's, either themselves or through a member of their family.

The Board has agreed an appropriate set of policies and procedures to govern our day-to-day activities. Trustees have also assessed the major risks to which the charity is exposed and agreed appropriate mitigation measures.

## **Financial review**

The trustees have agreed it is appropriate to hold sufficient unrestricted reserves to cover our regular outgoings for some six to eight months. Currently these stand at some £15,000. As at 30 April 2022 our reserves exceeded that amount. We expect these to diminish as we introduce new support initiatives based on what families affected by Parkinson's tell us they would find most helpful.

The trustees' report was approved by the Board of Trustees.

Trustee 

Dated: 15. Feb. 2023.

## **INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF PARKINSONS.ME**

I report on the accounts of Parkinsons.Me for the year ended 30 April 2022, which are set out on pages 6 to 8.

### **Respective responsibilities of trustees and examiner**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act), and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

### **Basis of independent examiner's report**

My examination was carried out in accordance with General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts give a "true and fair" view and the report is limited to those matters set out in the statement below.

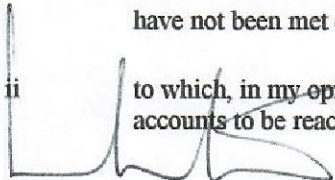
### **Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

- i which gives me reasonable cause to believe that in, any material respect the requirements:
- a to keep accounting records in accordance with section 130 of the 2011 Act
  - b to prepare accounts which accord with accounting records and comply with the accounting requirements of the 2011 Act and

have not been met or

- ii to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

  
**STEPHEN DEXTER**  
Chartered Accountant  
Grove, Oxon, OX12 7HT  
15 February 2023

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**PARKINSONS.ME**

**Statement of Financial Activities  
Including Income and Expenditure Account**

**For the Year Ended 30 April 2022**

	Notes	2021			2022		
		Unrestricted £s	Restricted £s	Total £s	Unrestricted £s	Restricted £s	Total £s
<b>Income from:</b>							
Donations and legacies	3	7,103	4,906	12,009	24,267	-	24,267
Charitable activities	4	1,038	-	1,038	1,567	-	1,567
<b>Total Income</b>		<b>8,141</b>	<b>4,906</b>	<b>13,047</b>	<b>25,834</b>	<b>-</b>	<b>25,834</b>
<b>Expenditure on:</b>							
Raising funds	5	58	-	58	645	-	645
Charitable activities	6	6,474	2,730	9,204	16,263	2,592	18,855
<b>Total resources expended</b>		<b>6,532</b>	<b>2,730</b>	<b>9,262</b>	<b>16,908</b>	<b>2,592</b>	<b>19,500</b>
<b>Net income for the year/ Net movement in funds</b>		<b>1,609</b>	<b>2,176</b>	<b>3,785</b>	<b>8,926</b>	<b>(2,592)</b>	<b>6,334</b>
<b>Transfer between funds</b>		<b>-</b>	<b>-</b>	<b>-</b>	<b>(416)</b>	<b>416</b>	<b>-</b>
Opening Fund Balances		25,347	-	25,347	26,956	2,176	29,132
<b>Closing Fund Balances</b>		<b>26,956</b>	<b>2,176</b>	<b>29,132</b>	<b>35,466</b>	<b>-</b>	<b>35,466</b>

The statement of financial activities includes all gains and losses recognised in the period.

All income and expenditure derive from continuing activities.

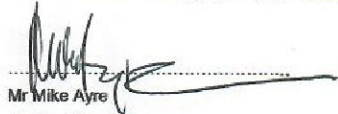
**PARKINSONS.ME**

**Statement of Financial Position**

**As At 30 April 2022**

	2021	2022		
	Total	Unrestricted	Restricted	Total
Notes	£s	£s	£s	£s
<b>Current Assets</b>				
Stocks	-	-	-	-
Cash at bank and in hand	30,166	36,533	2,092	38,625
	<u>30,166</u>	<u>36,533</u>	<u>2,092</u>	<u>38,625</u>
<b>Creditors : amounts falling due within 1 year</b>	(1,034)	(1,067)	(2,092)	(3,159)
	<u>29,132</u>	<u>35,466</u>	<u>(2,092)</u>	<u>35,466</u>
<b>Net current assets</b>				
	<u>29,132</u>	<u>35,466</u>	<u>(2,092)</u>	<u>35,466</u>
<b>Restricted Funds</b>	2,176	-	-	-
<b>Unrestricted Funds</b>	26,956	35,466	-	35,466
	<u>29,132</u>	<u>35,466</u>	<u>-</u>	<u>35,466</u>
<b>Charitable Funds</b>				
	<u>29,132</u>	<u>35,466</u>	<u>-</u>	<u>35,466</u>

These accounts were approved by the Trustees on 15<sup>th</sup> February 2023

  
Mr Mike Ayre  
Chair of Trustees

**Notes to the accounts**

**1. Accounting policies**

**Charity information**

Parkinsons.me is a charitable incorporated organisation registered with the Charities Commission for England and Wales.

**1.1 Accounting convention**

The accounts have been prepared in accordance with the charity's constitution, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The accounts have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

**1.2 Going concern**

At the time of approving the accounts, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus, the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

**1.3 Charitable funds**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes. Restricted funds are subject to specific conditions by donors as to how they may be used.

**1.4 Incoming resources**

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

**1 Accounting policies (continued)**

**1.5 Resources expended**

All expenditure is included on an accruals basis and is recognised when there is a legal or constructive obligation to do so.

Charitable activities include expenditure associated with meeting its charitable objectives. This includes the cost of grant making, and direct provision of charitable services.

Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.

**1.6 Cash and cash equivalents**

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

***Basic financial assets***

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

***Basic financial liabilities***

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

***Derecognition of financial liabilities***

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

**2 Critical accounting estimates and judgements**

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

# PARKINSONS.ME

## Notes to the Financial Statements (continued)

For the Year Ended 30 April 2022

	2021			2022		
	Unrestricted £s	Restricted £s	Total £s	Unrestricted £s	Restricted £s	Total £s
<b>3. Donations and legacies</b>						
Donations and gifts	7,103	4,906	12,009	24,267	-	24,267
	<u>7,103</u>	<u>4,906</u>	<u>12,009</u>	<u>24,267</u>	<u>-</u>	<u>24,267</u>
<b>4. Charitable activities</b>						
Sales within charitable activities	938	-	938	1,367	-	1,367
Fundraising events	100	-	100	200	-	200
	<u>1,038</u>	<u>-</u>	<u>1,038</u>	<u>1,567</u>	<u>-</u>	<u>1,567</u>
<b>5. Raising Funds</b>						
Fundraising and publicity costs	58	-	58	645	-	645
<b>6. Charitable activities</b>						
Charitable expenditure	5,996	2,529	8,525	7,547	500	8,047
Share of support costs (see note 7)	338	142	480	7,837	-	7,837
Share governance costs (see note 7)	140	59	199	879	-	879
	<u>6,474</u>	<u>2,730</u>	<u>9,204</u>	<u>16,263</u>	<u>500</u>	<u>16,763</u>
<b>7. Support costs</b>						
<u>Support Costs</u>						
Advertising and marketing	243	102	345	655	-	655
Insurance	95	40	135	412	-	412
General expenses	-	-	-	343	-	343
Employment costs	-	-	-	6,427	-	6,427
<u>Governance Costs</u>						
Trustees' meetings	101	43	144	400	-	400
Accountants' fees	-	-	-	444	-	444
Compliance	39	16	55	35	-	35
Total Support and Governance Costs	<u>478</u>	<u>201</u>	<u>679</u>	<u>8,716</u>	<u>-</u>	<u>8,716</u>
Support and Governance Costs have been allocated between Restricted and Unrestricted Funds pro-rata to direct costs						
<u>Allocation to Funds</u>						
Charitable activities	<u>478</u>	<u>201</u>	<u>679</u>	<u>8,716</u>	<u>-</u>	<u>8,716</u>

## 8. Trustees

None of the trustees received any remuneration from the charity (2021 - none)

## 9. Employees

The average of full time equivalent employees during the year was as follows

	2021	2022
Employees	-	0.4

The payroll costs of this person were as follows

	2021	2022
	£s	£s
Wages & salary	-	6,295
Pension costs	-	133

**PARKINSONS.ME**

England & Wales - Charity number 1166531

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# Accounts

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Charity Registration No. 1166531

# **PARKINSONS.ME**

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 APRIL 2021



**LEGAL AND ADMINISTRATIVE INFORMATION**

**Trustees**

Mike Ayre (Chair)

Rosie Chadwick (Vice Chair)

Peter Cook

Martin Cowell (appointed 14 October 2020)

Phil Dunmore (appointed 14 October 2020)

Amanda Seddon

Hazel Stanyon (resigned 12 February 2021)

Gary Strickland

**Charity number**

1166531

**Address of principal office**

Parkinsons.Me  
c/o 16 East Lockinge  
Wantage  
Oxon, OX12 8QG

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Statement of financial activities	6
Statement of financial position	7
Notes to the accounts	7

## ***TRUSTEES' REPORT FOR THE YEAR ENDED 30 APRIL 2021***

The trustees present their report and accounts for the period ended 30 April 2021.

The accounts have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's constitution, the Charities Act 2011 and '*Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102)*' (as amended for accounting periods commencing from 1 January 2016).

### **Our objectives**

Parkinsons.Me was founded in 2016 by Ewan and Tracey Stutt, inspired by their own experience following Ewan's diagnosis with Parkinson's aged 41.

The charity's objects are:

To promote good health and wellbeing for the public benefit in particular but not exclusively

by:

- educating and offering support to those suffering with Parkinson's disease
- raising awareness of the condition
- providing practical information and resources to people with Parkinson's and their families
- following up on and reporting on the latest research with regard to diagnosis, prevention and treatment (informing the public on the useful results of such research).

*Our vision* is that people with Parkinson's and their families have the information and support they need to manage their daily lives in the most positive way possible.

*Our mission* is to provide positive, inspiring and meaningful online, personal and community support for people with Parkinson's and their families.

The trustees have paid due regard to the Charity Commission's guidance on public benefit in carrying out their duties and looking at how best to fulfil these objects.

### **Our key activities and achievements**

For Parkinsons.Me as for everyone, the year May 2020 to April 2021 was a year of significant disruption due to COVID restrictions and limits on meeting face-to-face. Despite this, we were able to make headway in a number of areas.

## **Parkinsons.Me community garden**

Situated on the edge of West Lockinge, the Parkinsons.Me community garden continued to play a valuable role, helping raise awareness of Parkinson's, encouraging exercise and healthy eating (both of which can help make a difference for people with Parkinsons) and providing a tranquil, uplifting space for people to meet, relax and support one another.

There were no formal events at the garden during this period, and visitor numbers are hard to track. However, the garden remained open and took on added value as a place to help cope with the pressures that came with the pandemic. It was frequently used as part of the permitted daily exercise, also serving as a meeting point for friends, families and neighbours when outdoor meeting was allowed. Families used the garden towards the end of the day as a treat after spending time home schooling. The table tennis was a regular hit with the children while adults discussed the latest events and how they were dealing with the changing situation.

A core group of 6 volunteers carried out garden maintenance while complying with COVID precautions, ensuring the garden could be enjoyed by everyone during these difficult periods. As restrictions eased, volunteer garden sessions were reintroduced

The garden was enhanced through the year with additions including a steel arbour, garden benches and table, geocache and renovated poem boards.

Feedback from online donors to the charity includes many appreciative comments on the garden, as these examples illustrate:

*We visited your beautiful community garden today, thank you! Support from my mum and I to all those affected by Parkinson's and their families*

*Love the garden that you have created, it's a wonderful place.*

*The community garden is looking fantastic. Spring and better times are on their way*

*What a wonderful and peaceful place to sit and rest for a while. Keep up the good work!*

## **MoveMe**

After a slight pause, during which YouTube videos were produced to support exercise at home, our MoveMe programme moved online, providing regular group exercise sessions for 7-8 people per class (15 group members in all). Class sizes needed restricting to a maximum of 8 due to limits on the number of participants who could be safely supervised online. In response to this, the number of classes was doubled from December 2021. Parkinsons.Me is indebted to Jo Preston and colleagues from the Oxford Health NHS Physical Disability Physiotherapy Service for their hard work and dedication in providing these sessions.

15 months into the programme, in June 2020, a wellbeing questionnaire asked the original MoveMe group of 10 people for their feedback on different dimensions of wellbeing. 7 participants responded. All those responding reported an improvement in taking part in leisure activities and walking half a mile. There was also an improvement in the number of respondents feeling they needed to conceal their Parkinson's from other people, a significant improvement in those feeling embarrassed in public due to having Parkinson's and an improvement in the frequency with which respondents reported experiencing painful muscle cramps and aches and pains in joints. More people reported experiencing anxious or depressing thoughts, perhaps not surprising in the context of COVID. There was also a slight increase in those having difficulty dressing themselves.

The small group size plus the many other factors at play make it hard to draw firm conclusions from the survey. The modest improvement in fitness reported is highly encouraging, however, not least given the degenerative nature of Parkinson's. There is also strong evidence in the responses that the classes have helped build an important sense of community and mutual support amongst the 'MoveMe-ers', increasing the sense of wellbeing and self-confidence for people in the group.

Meetings of the MoveMe Mates group of partners and family members were harder to orchestrate online, but group members stayed in touch via phone and email, also managing to meet in the garden from time to time.

Blogs written by 3 MoveMe members bring to life the difference the programme makes, a difference that goes beyond exercise:

*MoveMe is amazing. One main philosophy of P.me is family support and this has become an essential part of MoveMe. Whilst the need for specific PD exercise is met, there is also an added dimension, the opportunity for drivers, friends and family to sit and chat for an hour over coffee in an adjacent room. This has proved to be a great forum for sharing joys and frustrations of living with Parkinsons. When the class is finished, everyone is welcome to linger for more coffee and chat and the room fills up.*

*MoveMe is all encompassing. From our fantastic leader/physiotherapist Jo Preston and assistant Tessa, to the wonderful tea and coffee fairies who supply us with much needed sustenance (including yummy cakes) and friendly conversation after an exercise class. Thursday mornings are literally like a beacon shining in my week.*

*MoveMe ...is wonderfully led and managed, before during and after, and is a great way to sustain one's exercise regime whilst mixing with a lovely bunch of people – who all know what life can be like with Parkinson's*

## **HearMe**

Our pilot HearMe project went live in August 2020. Developed in response to survey feedback on support priorities for families affected by Parkinson's, HearMe provides access to counselling therapies for anyone in families affected by Parkinson's – the diagnosed person and their partners, children, or parents – who would find this helpful. Take up in the first few months has been disappointing, with one client accessing the service and three more people expressing interest. We suspect that take up has been

# PARKINSONS.ME

affected by the pandemic but recognise too that we need to do more to get the word out. This will be a priority in 2021-22.

## **Communications**

Our website and social media channels continued to be sources of helpful information and peer support, with notable additions including blogs from people with Parkinsons.Me and family members describing their personal experiences. Work also progressed on a communications strategy to expand our reach and impact. This involves building on our existing strong personal and local support networks, actively engaging with key stakeholders and ensuring regular consistent content communication. It also aims to grow our social media presence from a baseline (as at January 2021) of 8421 Facebook followers, 1565 Twitter followers and 1664 Instagram followers.

## **Fundraising**

While COVID restrictions made fundraising events impracticable for much of the year, Parkinsons.Me was grateful to receive a continuing flow of individual donations. These included a single, significant donation towards the costs of MoveMe, supplementing participants' contributions, donations in appreciation of the garden and for new garden furniture, and funds raised by marathon runners and others taking on challenges on our behalf. Over and above the financial support we greatly appreciate the community support that these donations represent.

## **Looking ahead**

Looking ahead we hope to continue welcoming people to the garden. We look forward to resuming face-to-face MoveMe classes and indoor meetings for MoveMe Mates, combining this with online provision to meet group members' differing circumstances. We will continue to explore interest from other areas in replicating the MoveMe model and to encourage take up of HearMe counselling sessions. As our capacity allows we will explore new support possibilities based on feedback from families affected by Parkinson's. We also envisage recruiting a communications professional to help us expand our reach and impact. Through our mix of support and communications our aim will be to become the 'go to' organisation for families affected by Parkinson's within a 30-mile radius of Wantage.

## **Structure, governance and management**

Parkinsons.Me is a charitable incorporated organisation registered with the Charity Commission for England and Wales on 14 April 2016.

Our Board of Trustees met bi-monthly in 2020/21. Trustees were initially recruited by Parkinsons.Me founder Ewan Stutt using his networks and knowledge of the skills mix needed. Recruitment since has combined open advertising and targeted approaches, with an emphasis on securing trustees with personal experience of Parkinson's, either themselves or through a member of their family. Two of our trustees now bring this lived experience, adding to that of our founders Ewan and Tracey Stutt and greatly enriching our work and understanding.

The Board has agreed an appropriate set of policies and procedures to govern our day-to-day activities. Trustees have also assessed the major risks to which the charity is exposed and agreed appropriate mitigation measures.

## Financial review

The trustees aim to strike a balance between using funds to achieve our charitable purposes and creating the reserves needed to sustain work underway and build in some resilience should our income reduce significantly. The trustees have agreed it is appropriate to hold unrestricted reserves sufficient to cover our regular outgoings (including costs of maintaining the community garden and commitments to exercise classes) for some 6-8 months. As at 30 April 2021 our reserves exceeded that amount. Looking forward we aim to put these reserves to good use in support of our objectives, aided by the recent appointment of our part-time communications officer

The trustees are grateful to John Chadwick ACIS for his help once again in preparing our accounts. John has over 20 years' experience in senior finance roles, including as Finance & Regulation Director of a plc.

The trustees' report was approved by the Board of Trustees.

Trustee



Dated: JAN 12TH 2022.

**Statement of Financial Activities  
Including Income and Expenditure Account**

**For the Year Ended 30 April 2021**

	Notes	2020		2021		Total £s
		Unrestricted £s	Restricted £s	Unrestricted £s	Restricted £s	
<b><u>Income from:</u></b>						
Donations and legacies	3	16,678	530	7,103	4,906	12,009
Charitable activities	4	12,620	-	1,038	-	1,038
<b>Total Income</b>		<b>29,298</b>	<b>530</b>	<b>8,141</b>	<b>4,906</b>	<b>13,047</b>
<b><u>Expenditure on:</u></b>						
Raising funds	5	4,838	-	58	-	58
Charitable activities	6	17,379	530	6,474	2,730	9,204
<b>Total resources expended</b>		<b>22,217</b>	<b>530</b>	<b>6,532</b>	<b>2,730</b>	<b>9,262</b>
<b>Net income for the year/ Net movement in funds</b>		<b>7,081</b>	<b>-</b>	<b>1,609</b>	<b>2,176</b>	<b>3,785</b>
Opening Fund Balances		18,266	-	25,347	-	25,347
<b>Closing Fund Balances</b>		<b>25,347</b>	<b>-</b>	<b>26,956</b>	<b>2,176</b>	<b>29,132</b>

The statement of financial activities includes all gains and losses recognised in the period.

All income and expenditure derive from continuing activities.


# PARKINSONS.ME

## Statement of Financial Position

As At 30 April 2021

	Notes	2020 Total £s	2021		Total £s
			Unrestricted £s	Restricted £s	
<b>Current Assets</b>					
Stocks	10	837	-	-	-
Cash at bank and in hand		25,636	27,899	2,267	30,166
		<u>26,473</u>	<u>27,899</u>	<u>2,267</u>	<u>30,166</u>
<b>Creditors : amounts falling due within 1 year</b>	11	(1,126)	(943)	(91)	(1,034)
<b>Net current assets</b>		<u>25,347</u>	<u>26,956</u>	<u>2,176</u>	<u>29,132</u>
<b>Restricted Funds</b>		-		2,176	2,176
<b>Unrestricted Funds</b>		25,347	26,956		26,956
<b>Charitable Funds</b>		<u>25,347</u>	<u>26,956</u>	<u>2,176</u>	<u>29,132</u>

These accounts were approved by the Trustees on JANUARY 12TH 2022.

  
.....  
Mr Mike Ayre  
Chair of Trustees

# PARKINSONS.ME

## Notes to the accounts

### 1 Accounting policies

#### Charity information

Parkinsons.me is a charitable incorporated organisation registered with the Charities Commission for England and Wales.

#### 1.1 Accounting convention

The accounts have been prepared in accordance with the charity's constitution, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The accounts have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

The accounts are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

#### 1.2 Going concern

At the time of approving the accounts, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the accounts.

#### 1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives unless the funds have been designated for other purposes. Restricted funds are subject to specific conditions by donors as to how they may be used.

#### 1.4 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

## 1 Accounting policies (continued)

### 1.5 Resources expended

All expenditure is included on an accruals basis and is recognised when there is a legal or constructive obligation to do so.

Charitable activities include expenditure associated with meeting its charitable objectives. This includes the cost of grant making, and direct provision of charitable services.

Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.

### 1.6 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

#### ***Basic financial assets***

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

#### ***Basic financial liabilities***

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

#### ***Derecognition of financial liabilities***

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

## 2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

Notes to the Financial Statements (continued)

For the Year Ended 30 April 2021

	2020			2021		
	Unrestricted £s	Restricted £s	Total £s	Unrestricted £s	Restricted £s	Total £s
<b>3. Donations and Legacies</b>						
Donations and gifts	16,678	530	17,208	7,103	4,906	12,009
Legacies receivable	-	-	-	-	-	-
	<u>16,678</u>	<u>530</u>	<u>17,208</u>	<u>7,103</u>	<u>4,906</u>	<u>12,009</u>
<b>4. Charitable Activities</b>						
Sales within charitable activities	860	-	860	938	-	938
Fundraising events	11,760	-	11,760	100	-	100
	<u>12,620</u>	<u>-</u>	<u>12,620</u>	<u>1,038</u>	<u>-</u>	<u>1,038</u>
<b>5. Raising Funds</b>						
Fundraising and publicity costs	4,838	-	4,838	58	-	58
<b>6. Charitable activities</b>						
Charitable expenditure	16,296	498	12,636	5,996	2,529	8,525
Share of support costs (see note 7)	940	28	866	338	142	480
Share governance costs (see note 7)	143	4	251	140	59	199
	<u>17,379</u>	<u>530</u>	<u>13,743</u>	<u>6,474</u>	<u>2,730</u>	<u>9,204</u>
<b>7. Support costs</b>						
<u>Support Costs</u>						
Advertising and marketing	671	20	548	243	102	345
Computer running costs	-	-	-	-	-	-
Insurance	269	8	308	95	40	135
Travel	-	-	-	-	-	-
<u>Governance Costs</u>						
Trustees' meetings	78	2	180	101	43	144
Accountants Fees	-	-	-	-	-	-
Compliance	65	2	71	39	16	55
Total Support and Governance Costs	<u>1,083</u>	<u>32</u>	<u>1,107</u>	<u>478</u>	<u>201</u>	<u>679</u>
Support and Governance Costs have been allocated between Restricted and Unrestricted Funds pro-rata to direct costs						
<u>Allocation to Funds</u>						
Charitable activities	<u>1,083</u>	<u>32</u>	<u>1,107</u>	<u>478</u>	<u>201</u>	<u>679</u>
<b>8. Trustees</b>						
None of the Trustees received any remuneration from the charity (2020 - none)						